

Bio-data



Name: Dr. Vandana Verma

Designation: Assistant Professor, stage -3

Address: Department of Kriya Sharir, Faculty of Ayurveda, IMS, BHU, Varanasi, 221005

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Qualification: B.A.M.S. , M.D., Ph.D. (Ay.) (Kriya Sharir), Diploma in Yoga,
Health Research Fundamental certificate Course

Area of Specialization: Fundamental concepts of Kriya Sharir, Prakriti, Ayurveda Biology,
Physiological Basis of Panchakarma Procedures, Exercise physiology and Nutrition

Teaching experience – 12 yrs 2 months (U.G. & P.G. both)

Research Experience: Supervised - 01 Ph.D. & 1 M.D. (Ay.), Kriya sharir, Co- supervised - 4
M.D.(Ay.) Kriya sharir . Working as Supervisor for 02 Ph.D. research scholars, Co- Supervisor for
M.D. -01 and 01 Ph.D. research scholars .

Developed e- content – 10 modules on different topics of Kriya sharir uploaded on Ayurveda
network, <https://ayurvedanetworkbhu.com/>

Publications: 30 published articles, 10 chapters

Paper Presentation : 17

Scientific participation/workshops / attended: 24

Editorial Board Member of Peer reviewed Journal JREIM

Reviewer in Peer reviewed journals viz. JREIM, JAIM, AAMA

Life Membership: Bharatiya Sangyaharak Association (Association of Anesthetists of Indian
Medicine)

Awards: 1. **Best Ph.D. (Sharir) Thesis** award for 2014 by All India Research Institute, Lucknow.

2. **Versatile scholar of Kriya Sharir**, Award 2017 by Ayurveda Anushandhan Sansthan,
Chhatisgarh.